

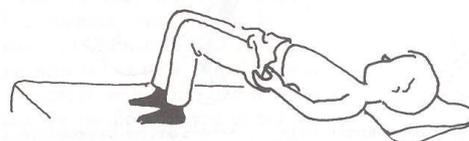
Occupational Therapy Advice 2017



Undressing and Dressing

Suggested strategies and activities:

- * Choose a time for dressing practice when you are not hurried. This will allow your child time to react and achieve success. A good time may be undressing for a bath or at weekends.
- * Always teach dressing the same way each time, so a predictable sequence is repeated which will make it easier for a child to remember and to learn the routine.
- A good sitting posture often helps a child balance and allows them more control when dressing. Sitting on a firm chair with their feet firmly supported on the ground may be easier than sitting on the bed. You can also try different dressing postures for different items of clothing.



- * Choose loose and comfortable clothing to practice in. Such items should be big enough and less restrictive, thus allowing your child to achieve independent success when dressing/undressing. Sweat shirts and loose tracksuit trousers may be ideal.
- * A "backwards chaining" technique is useful to teach this skill. This is where you go through the entire process putting and taking off an item of clothing, leaving only the last stage for a child to complete. When a child can master this last stage, leave the two last stages for them to complete and so on e.g. When removing socks:
 1. The child removes the sock ONLY over the toes.
 2. The child then removes the sock over toes AND the foot
 3. The child then removes the sock over the toes, foot AND heel.

- * Listed below are some undressing and dressing steps, listed from the EASIEST to the HARDEST. Start at the top and work your way down!

Undressing Skills:

- ❖ Removing socks and shoes
- ❖ Removing front-fastening coat (not the fastening)
- ❖ Removing pants/trousers/skirt
- ❖ Taking off t-shirt/vest/jumper
- ❖ Opening fastenings i.e. zips, buttons, velcros

Dressing Skills:

- ❖ Putting on a front-fastening shirt/coat/cardigan (not the fastenings)
- ❖ Putting on loose trousers with elastic waistband
- ❖ Putting on loose socks
- ❖ Putting on shoes with velcro fastenings
- ❖ Putting on a T-shirt
- ❖ Putting on trousers/skirt
- ❖ Putting on tight fitting socks and shoes
- ❖ Doing up fastenings e.g. buttons/ zips

Getting harder. . .

- * Buttons: Learning to undo these, is easier than learning to do them up. Start with big buttons that fit easily through the button hole.
- * Zips: Help your child by putting the 2 pieces of the zip together at the bottom and pull the zip up a little. You can also attach a large safety pin to the zip to make it easier for your child to grasp.
- * Getting clothes on the right way: Encourage your child to identify the front and back of clothing using labels, pictures, buttons or pockets as a visual cue.

Let us know if you have any questions!